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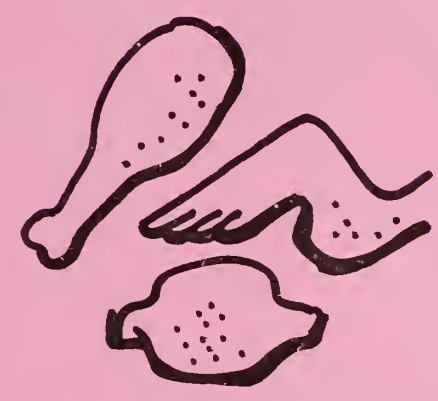
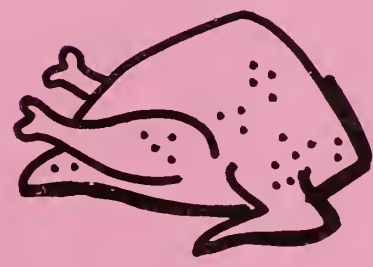
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POULTRY

a good choice for the thrifty family



CHICKEN

Chicken cooks quickly
Chicken tastes yummy
Children love chicken



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CURRENT SERIAL RECORDS

TURKEY

Turkey is good all year
round--not just for holidays



Fried Chicken

Cut chicken into serving pieces and season with salt and pepper; roll in flour.

In a heavy fry pan, heat $\frac{1}{4}$ cup fat or oil or enough to cover the bottom of the pan. Add chicken. Brown chicken pieces on both sides.

Cook slowly, until tender, 30 to 45 minutes.

Stewed Chicken or Turkey

3 to 4 pound stewing chicken
or small turkey

Water
1 teaspoon salt

Cut up chicken or turkey and put in a deep pan. Cover with water and add salt. Cover pan and cook over low heat until meat is tender, 2 to 3 hours. Serve hot or use in any recipe for cooked chicken or turkey, or refrigerate for later use.

Chicken or Turkey with Dumplings

Remove pieces of cooked, stewed chicken or turkey from broth. Measure broth. For each cup of broth, use 2 tablespoons of flour, mixed with just enough cold water to make a thin paste. Add to broth. Stir and cook until broth is thickened, 3 to 5 minutes. Season to taste. Heat chicken or turkey in thickened broth.

Dumplings

2 cups flour
1 tablespoon baking powder
1 teaspoon salt

$\frac{1}{3}$ cup fat
 $\frac{3}{4}$ cup milk
Chicken or turkey
in thickened broth

Mix flour, baking powder, salt and fat with a fork until well blended. Mix in milk. Bring chicken or turkey and broth to boiling. Add dumplings by small spoonfuls. Cover and cook 18 minutes. Do not lift cover while cooking.

Makes 2 dozen dumplings.